



Sample Full-Day Itineraries
Valid for 2023

1. Full Day (option 1)

- 9:00 am Arrival, welcome, introduction at CAC grounds
9:30 am **African Dance workshop**
11:00 am **Cook traditional meal** (chapati, ugali, ndizi, mchicha, mchuzi)
1:00 pm **Eat Traditional meal** (with some CAC artists)
1.45 pm **African Drumming workshop**
2:30 pm **Guided tour Traditional bomas & traditional instruments**
4:00 pm **Traditional Dance & Music Performance**
5:15 pm Departure

Full Day (option 1), Special Rates for Tour Operators for 2023

# pax	Workshops 2 /pax	bomas/ pax	exhibits/ pax	cooking/ pax	lunch/ pax	Show/ pax	COST/ PAX	TOTAL COST
2	\$16	\$10	\$10	\$10	\$10	\$125	\$181	\$362
4	\$14	\$8	\$8	\$10	\$10	\$62	\$112	\$448
6	\$12	\$8	\$8	\$9	\$9	\$42	\$88	\$528
8	\$11	\$6	\$6	\$9	\$9	\$32	\$73	\$584
10	\$10	\$6	\$6	\$8	\$8	\$25	\$63	\$630
20	\$8	\$5	\$5	\$8	\$8	\$15	\$49	\$980
50	\$5	\$3	\$3	\$7	\$7	\$12	\$37	\$1,850
100	\$2	\$2	\$2	\$6	\$6	\$7	\$25	\$2,500

+VAT as required

*Drivers/guides are always free for all activities, except making drums.
Please contact the CAC for specific quote (0784 052 766 direct line or info@cac.ac.tz)*



2. Full Day (option 2)

9.00 am	Arrival, welcome, introduction at CAC grounds
9.30 am	Make traditional drum (coastal region)
12:30 pm	Traditional lunch (4 dishes, see option 1)
1:15 pm	African Dance and/or drumming workshop
2:30 pm	Guided tour Traditional bomas & traditional instruments
4:00 pm	Traditional Dance & Music Performance (by CAC artists)
5.15 pm	Departure

Full Day (option 2), Special Rates for Tour Operators for 2022

# pax	Make traditional drum/pax *	lunch/pax	Dance/Drum Workshops /pax	bomas/pax	exhibits/pax	Show/pax	COST/PAX	TOTAL COST
2	\$25	\$10	\$16	\$10	\$10	\$125	\$196	\$392
4	\$25	\$10	\$14	\$8	\$8	\$62	\$127	\$508
6	\$25	\$9	\$12	\$8	\$8	\$42	\$104	\$576
8	\$25	\$9	\$11	\$6	\$6	\$27	\$94	\$752
10	\$25	\$8	\$10	\$6	\$6	\$25	\$80	\$800
20	\$20	\$8	\$8	\$5	\$5	\$15	\$61	\$1,220
50	\$18	\$7	\$5	\$3	\$3	\$12	\$48	\$2,400
100	\$16	\$6	\$2	\$2	\$2	\$7	\$35	\$3,500

+VAT as required

*Notes: *Traditional drums are \$50 per drum. For these calculations 1 drum per two persons is included. If each person wishes to make their own drum the cost will be \$50 per person.*

Drivers/guides are always free for all activities, except making drums.

Please contact the CAC for specific quote (0784 052 766 direct line or info@cac.ac.tz)



Brief Descriptions of activities for visitors to the Cultural Arts Centre:

Traditional Dance Performance: This is a one-hour high-energy performance by 10 professional CAC dancer/musicians. The shows features traditional dances from many different ethnic groups in Tanzania, with various types of instrumental music (drums, flutes, marimba, mbira [thumb piano]). This is a must-see to enjoy the excitement and energy of Tanzanian traditional cultures.

African Dance Workshop: Visitors will learn part of a traditional dance from Tanzania, led by CAC professional dancer/musicians. Willingness to move and shake is all that is required. Traditional drumming is also available for those that need an alternate activity.

Traditional Meal: Enjoy preparing Tanzanian foods (or just eating) in our outdoor kitchen over traditional fire and served from traditional clay pots. Guests will be able to eat some of the following: pilau (seasoned rice with or without meat), traditional ugali (stiff corn porridge), ndizi (cooking banana stew), mchicha (various cooked greens) plus fresh fruits. Options for vegetarian, gluten-free and lactose-free with advance notice.

Tour traditional bomas and traditional instruments: Guests will visit traditional Maasai, Arusha, and Meru homes on-site. There are wonderful unobstructed views of Mt. Meru and many types of birds and monkeys can be seen at the CAC. The instrument exhibits includes demonstrations and opportunities to try out various traditional instruments from many parts of Tanzania.

Making Traditional Drums: Guests will make coastal style traditional drum (metal frame, cow skin head & strings) with expert guidance from CAC artists. Each drum is completely unique and guests can be creative in choosing skins and patterns. Usually two persons make one drum together, but individuals may also choose to make their own drum.

Visiting CAC archives, and gift shop: Visitors interested to know more about traditional dances or music in Northern Tanzania may visit the CAC archives to browse the video clips featuring dances and music of the Maasai, Meru, and Chagga. There is also a small gift shop selling locally made instruments, DVDs, jewelry, and clothing. Items are made by CAC artists and various local women's groups. Many items are unique to the CAC.

Additional or customized activities related to performing arts and traditional culture are available upon request. Please contact us so we can create the perfect package for your clients. In addition to our website please find us on FaceBook (/cacproj) or Instagram (cultural_arts_centre) for current activities.